



2016 Starport Program GUIDE



STARPORT
NASA EXCHANGE - JSC

Valued Starport Member,

As we move into 2016, Starport's mission remains the same – we seek to promote the morale and welfare of the entire JSC Team. That's why we're excited to kickoff another year full of new wellness programs, fitness and recreational services, meeting and conference facilities, retail operations, employee activities, and convenience services available to you, your family, and fellow co-workers all in one convenient location.

Use our 2016 Program Guide as your starting point to get informed on our current program offerings. From this guide, you can link to resources for staying active, connecting with fellow employees in fun, team-based sport leagues, and programs to help manage your work and life balance.

In 2015, Starport was able to reach nearly 4,300 members of the JSC community – this was 38% of the total JSC population, more than any other year! Our goal in 2016 is to reach 50% of the total JSC population, but we need your help to get there! We encourage you to be proactive toward improving your health and well-being and celebrate the benefits of your good health with your family and fellow co-workers! We are looking forward to sharing another energizing and successful year with you as our member!

Sincerely,



Rob Banfield
JSC Exchange Operations Manager



Thank you !

to our

2015 Starport Partners

Aerodyne Industries
All Points Logistics
Anadarko Industries
ARES
Barrios Technology, LLC
Bastion Technologies, Inc.
BayTech
Boeing
Booz, Allen, & Hamilton Inc.
Chenega Security & Support Solutions
Cimarron
CompuTrain Business Solutions
DB Consulting Group, Inc.
Draper Laboratory
DynCorp International, LLC
ERC, Inc.
GAPSI-Banner Joint Venture
GeoControl Systems, Inc.
GHG Corporation
Helios Systems, LLC
Honeywell International HX5, LLC
J&P Technologies
Jacobs Technologies
JES Tech
JSC Federal Credit Union
Kelsey-Seybold
Lockheed Martin Information
Logical Innovations, Inc.
LZ Technologies
MDA Information Systems
MEI Technologies, Inc.

Metecs
MRI Technologies
MTA, Inc.
MTS, Inc.
Native Resource Development
NLT Management Services, LLC
Oceaneering Space Systems
Odyssey Space Research, LLC
Orbital ATK
PAE Applied Technologies
QTS
REDE Critique
Rohmann Services, Inc.
Rothe Development
Rothe Enterprises, Inc.
SAIC
S&K Global Solutions
SGT, Inc.
Space Center Houston
Space Family Education
Straughan Environmental
Summit Technologies & Solutions Inc.
Systems & Global Solutions
Tech Trans International, Inc.
Teledyne Brown Engineering
The Aerospace Corporation
Tietronix Software Inc.
TRAC Labs Inc.
UTC Aerospace Systems
Wichita Tribal Enterprises, LLC
Wyle Integrated Science & Engineering Group



FACILITIES

FEATURES/ RENTALS



Starport offers a wide variety of conference and meeting rooms, as well as sports and recreational facilities available for your company or personal needs. We are fully equipped to handle any type of requests including special room set ups, audio and visual equipment, dance floors and more. You can choose from a wide range of approved caterers listed on our website to make your event a huge success.

Contact leslie.b.glenn@nasa.gov for meeting rooms, pavilions & ballroom requests or drew.p.dobbins@nasa.gov for sports and recreational facilities.



Meeting and Conference Rooms

- Alamo Ballroom
- Lone Star Room
- Longhorn Room
- Coronado Room
- Discovery Room
- Brazos Room
- Trinity Room
- Rio Grande Room



Outdoor and Sports Facilities

- Live Oak Pavilion
- Bluebonnet Pavilion
- Gymnasium
- Youth Baseball Field
- Three Softball Fields
- Soccer Field



Fitness Facilities

- Strength & Cardio Center
- Group Exercise Studio
- Yoga & Pilates Studio
- Outer Space Box Gym
- Massage Therapy Room
- Two Jogging Trails



Accommodating All Types of Events

- Anniversary Parties
- Award Ceremonies
- Baby Showers
- Bar Mitzvahs
- Family Reunions
- Picnics
- Quinceañeras
- School Events
- Weddings & Receptions



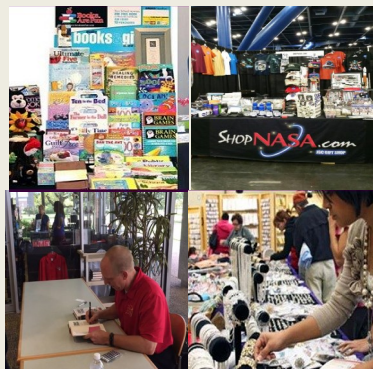
***The Official NASA
JSC Retail Stores***



SHOP NASA RETAIL STORES

Shop NASA is the official NASA-JSC retail store for NASA souvenirs, memorabilia, clothing and toys as well as many other discount programs. Badged NASA and contractor employees may shop at one of the fully stocked retail stores located in Buildings 3 and 11. Non-badged individuals can find a wide variety of select products at the Gilruth Center location or shop online at www.shopnasa.com.

- **Retail Stores**
 - Building 11
 - Building 3
 - Gilruth Center
 - ShopNASA.com online store
- **Discount Tickets**
 - Space Center Houston
 - Movie Tickets
 - Sea World
 - Schlitterbahn
 - Splashtown
 - Fiesta Texas
 - Six Flags
 - Kemah Boardwalk
- **Book Signings**
- **Onsite Employee Fairs**
- **Discount Services Program**
 - Shopping
 - Leisure & Travel
 - Services
- **Business Card Services**





RECREATIONAL and CREATIVE LEARNING

Our new Recreation and Creative Learning Classes are fun, exciting ways to learn new activities, and meet new people while relieving stress and/or getting in shape. All classes reasonably priced are open to the public.

Recreational Learning

- Ballroom Dancing
- Salsa Dancing
- Irish Dance
- County & Western Dance
- Line Dancing
- Bollywood Dance
- Men's / Women's Self Defense

Creative Learning

- Art/Painting
- Cake Decorating
- Creative Writing
- Floral Design
- Jewelry Making
- Photography
- Videography

Watch for more exciting classes coming soon!



YOUTH PROGRAMS



Starport has expanded its' programming to offer various youth activities throughout the year including school break day camps, youth recreational classes, birthday parties, parents night out and various youth and family events. See the Starport website for upcoming classes, programs, events and schedule dates. Interested in becoming a Seasonal Youth Counselor at Starport? Contact Shericka.c.philips@nasa.gov .

- **Day Camps**

- Themed activities
- Games
- Crafts
- Sports
- Fall, Winter, Spring & Summer in accordance with CCISD calendar



- **Sports Camps and Clinics**

- Baseball
- Basketball
- Soccer
- Volleyball

- **Parent's Night Out**

- Bounce house
- Movies
- Games
- Pizza , drinks & desert



- **Birthday Parties**





SPECIAL EVENTS

Starport offers a wide variety of special events for the JSC workforce and their families. Check the Starport website for scheduled dates and details. (* Open to the public.)

- **Spring Fling ***
 - Children's Festival
 - Egg Hunt
 - Aliens vs. Astronauts Run
 - Craft Fair
 - Flea Market
 - Food Trucks
- **NASA Annual Golf Tournament**
- **JSC Annual Family & Friends Picnic**
- **Health and Fitness Month Activities**
- **Father Daughter Dance**



OUTDOOR REC



Adrenaline Sports
Backpacking
Caving
Fishing
Hiking
Kayaking
Paddleboarding
Paintballing
Ski/Snowboarding
Trail Biking
Zip-Lining

Starport Outdoor Adventure Recreation (S.O.A.R.) will feature kayak, camping , and outdoor equipment rentals right from the Gilruth. Other resources will include group trips, instructional classes, lessons, and more.

Interested in starting an outdoor club, teaching a class, or leading a trip? Contact the Gilruth front desk!



CLUBS

Do you have a particular skill, interest, or just want to learn more? Starport can help!

We support many clubs which can be found at the bottom of our website: starport.isc.nasa.gov

Have an idea for a new club? Lets talk! Visit the Gilruth front desk for more information.



LEAGUE SPORTS

League sports provides an opportunity for the JSC workforce and community to participate in a variety of recreational and competitive events. Sports leagues are continuous throughout the year and are inclusive to all ages and skill levels!

Registration and schedules:

Create a team, join a team, or sign up as a free agent online:

<http://www.imleagues.com/NASA-Starport>



NEW

Overall Recreation Champions

A yearly cumulative points system that rewards teams for participating in team and individual sports. Teams may win the O.R.C. without winning any single league or tournament. The winners receive a team trophy, t-shirt, and media recognition!

Basketball
Dodgeball
Flag Football
Kickball
Quidditch
Soccer
Softball
Ultimate
Volleyball
Youth Sports

GROUP FITNESS

Group Fitness Classes

Starport Fitness offers a wide range of group fitness classes to meet your fitness needs. Motivating, enthusiastic, and energy-packed instructors will lead you in classes that consist of a variety of cardiovascular activity, strengthening, flexibility and relaxation exercises designed to accommodate the needs of any fitness level.

All classes are included in your Starport membership at no additional cost, and no sign-up is needed to attend.

Enjoy increasing your with the positive support of a coach on top of the comradery of a group. We have classes specifically for beginners and senior citizens, too!

Scan here to stay up
to date with current
class schedules



WELLNESS PROGRAM

The American Heart Association recognized Starport's wellness program as a Gold Fit-Friendly Worksite and awarded Starport the Worksite Innovation Award. The award honors worksite wellness programs for going above and beyond when it comes to improving the health and well-being of their employees.



What We Offer

Massage Services: Our team of highly trained, licensed practitioners provide all forms of massage therapy, customized to meet your needs. An important component to your health and wellness plan, therapeutic massage can help prevent injuries and speed the healing process, providing physical as well as emotional benefits. Appointments are available 9 a.m. to 7 p.m., six days a week.

WHEN: To schedule please visit www.starport.jsc.nasa.gov

COST: Visit www.starport.jsc.nasa.gov to view our current price structure

Couch to 5K Training Program: If you've ever wanted to run but didn't know where to start, Starport has a new program for you! The Starport Couch to 5k Training Program is for anyone who is interested in training to run or walk a 5k. The series will include training runs and strength training and stretching sessions. Even if you've never run a block in your life, you can be road ready for the next race under our expert guidance.

WHEN: Call 281-244-2769 for upcoming sessions.

COST: \$90

HEALTHY EATING

Exercise is only half the equation. Let our Licensed Registered Dietitian work with you to review your fitness and health goals and develop a personalized nutrition strategy for you. Make changes that work synergistically with your fitness programming.



Marla Murphy, RD/LD

I want to help people change the way we define health, to step back from nit-picking nutrition advice and look at the bigger picture: personal wellness. My goal is to teach you how to make being healthy a little easier, a little more attainable and a lot tastier!

Individual Nutritional Consultations: Your initial counseling session includes an assessment of current health status and an evaluation of your current diet's nutrient quality. determines your personal energy and nutrient needs and you are provided with a personalized sample meal plan. Along with education and a nutrition prescription, personal goals and an action plan are also determined.

WHEN: Please visit www.starport.jsc.nasa.gov to schedule your first session

COST: One-time consultation \$65

1 month package \$123.50

3 month package \$175.50

6 month package \$311.60

Grocery Store Tours: Take our Registered Dietitian grocery shopping with you! After covering baseline meal planning and grocery list guidelines, groups will be guided through a local grocery store where they will be educated on foods to choose and which to avoid, reading nutrition panels, assessing label claims, and shopping economically. Tour last approximately 60 minutes.

WHEN: Call 281-244-2469 for upcoming dates.

COST:\$20.00

PERSONAL TRAINING

Are you looking for a challenging, time-efficient workout that’s based on your individual fitness goals? Then look no further. Starport has a variety of personal trainers who will work with you to help you achieve your fitness goals. Don't delay; start today!

Personal Training Rates

Individual Personal Training Rates

Sessions	Member	Non-Member
1	\$50	\$60
5	\$235	\$285
10	\$425	\$540

Partner Personal Training Rates

Sessions	Member	Non-Member
1	\$80	\$90
5	\$380	\$425
10	\$720	\$810

Newly registered clients will be contacted within 72 business hours by Personal training staff. Preferred trainer(s) are not guaranteed; assignment is based on trainer/client availability. For more information, please contact 281-244-2769.

InBody770 Body Composition Assessment

This assessment offers high-precision measurements of weight, lean body mass, body fat mass, total body water, body mass index, and basal metabolic rate, to provide a comprehensive picture of your current health status.

COST: Free to all Starport Members / \$40 for Non-members

For your free assessment, please stop by the Gilruth Center Strength and Cardio Center anytime Monday through Friday between 8:00am - 4:00pm. To schedule an assessment outside of the normal hours, please call 281-244-2769

STAY CONNECTED



STARPORT

NASA EXCHANGE - JSC

starport.jsc.nasa.gov



starportjsc

StarportYouthPrograms



starportnasa



starportjsc



WordPress

starportwellness.wordpress.com



imleagues.com/nasa-staport



SHIPS ANYWHERE
IN THE GALAXY

shopnasa.com

ShopNASAcom



ShopNASA



starport-subscribe@lists.nasa.gov jsc-fitness-subscribe@lists.nasa.gov

STARPORT LISTSERV

Everything going on at the Gilruth
Center, Cafés, & Gift Shops!

FITNESS LISTSERV

Up-to-the-minute info on Gilruth
classes, programs, & specials!

Hours of Operation

Monday - Friday 5:30am-10:00pm

Saturday & Sunday 8:00am-5:00pm

Phone Numbers and Contacts

Gilruth Center Information Desk

281-483-0304

Exchange Manager

Robert Banfield

281-244-1110

robert.d.banfield@nasa.gov

Deputy Exchange Manager

Stephen Williams

281-244-1127

stephen.williams-1@nasa.gov

Acting Deputy Exchange Manager

Jose Moguel

281-483-4612

jose.e.moguel@nasa.gov

Wellness & Fitness Manager

Evan Thoman

281-244-2769

evan.l.thoman@nasa.gov

Retail Operations Manager

LaTonya Robertson

281-483-0360

latonya.m.robertson@nasa.gov

Sports & Recreation Manager

Samuel Miller

281-483-0317

samuel.l.miller@nasa.gov

<http://starport.jsc.nasa.gov>



Gilruth Recreation Center

(Located on Space Center Blvd)

2101 NASA Parkway, MC AH12

Houston, TX 77058